

SPORTS

# Marines challenge limits with 126-mile run

**LANCE CPL. DARHONDA V. HALL**  
*STAFF WRITER*

Most Marines would never choose to participate in a 126-mile run, but Marine Corps Community Services-South Carolina is offering those few, those proud and those crazy enough to attempt it, the opportunity to receive acknowledgement for completing the massive athletic achievement.

As part of the annual Semper Fit May Fitness Challenge, Marines aboard the Depot may select as many events of the

available nine to participate in. However, of the nine events offered during the 31-day challenge, few Marines select to partake in the 126-mile cross training portion of the program.

Throughout the month, the Marines must dedicate at least an hour a day to run a minimum of four miles in order to complete the 126-mile feat, which is the exact distance between Parris Island and Columbia, S.C.

“It’s just a goal I set for myself to complete and a way for me to stay in shape,” said Cpl. Ernest Robinson, G-3 assistant

operations noncommissioned officer and participant in the 126-mile challenge. “I like to run a lot, so this is another incentive for me to continue doing what I like to do.”

Cynthia May, Semper Fit program coordinator, said the program promotes a self-competitive atmosphere.

“Those who sign up are doing the event to better themselves in that certain area,” May said.

The program, based on integrity, requires all participants to log in the distance they have completed each day.

“The logging of the events itself is motivating,” May said. “When someone can honestly say they have run a total of 40 miles in one week, they impress others and themselves.”

Although the running of the 126-mile event requires less than five miles a day, some of the participants plan on over-achieving.

“I am planning on running at least seven miles a day,” said Robinson.

At the end of the month, the numbers will be added together to see if the set goals have been met. Each individual who

completes his or her challenge will receive a T-shirt with an exclusive design.

From walking 84 miles to running 252 miles (which no one signed up for) within a one-month period, participants received the opportunity to select which strenuous event they would like to do.

Rowing, biking, aqua aerobics, swimming and stair climbing are other alternatives to the four running events, but none of the events are easy.

“I wouldn’t try swimming,” Robinson laughed. “The last time I swam, I was at recruit training.”

# Nads extend winning streak, crush Henchmen 35-2



Lance Cpl. Justin J. Shemanski  
**Tony Boone, the Nads catcher, sprints past a ground ball toward third base during a game against the Henchmen at the Parris Island Sports Complex May 4.**

**LANCE CPL. JUSTIN J. SHEMANSKI**  
*STAFF WRITER*

The Henchmen suffered a devastating loss at the hands of the Nads, 35-2, after just three innings of MCCS-South Carolina Intramural Softball League action at the Parris Island Sports Complex May 4.

The Nads, currently on a nine-game winning streak, started off the game slow with a couple of pop-ups, easily caught by Henchmen defenders. But then, the Nads sent in their first two runs of the game on back-to-back homeruns.

The Henchmen were able to hold their own against the Nads through the second inning, keeping within a single run, but coming into the third inning, their luck suddenly changed.

The Nad’s power hitters, looking to end the game quickly, came out of hibernation. One by one, they stepped up to the plate, blasting hits in every direction.

The Henchmen could hardly keep up with the Nad’s seemingly endless streak of hits, but finally retired the side. They tried a put a few more runs on the board, but it was to no avail. The Henchmen scored one more run before the Nads put a tight lid on the game with an outstanding 33-run lead.

“The Henchmen played

hard,” said Jeff Epstein, Nads outfielder/pitcher. “They give 100 percent every game they play. They busted their butts out there against us, but just couldn’t come up with a win.”

Even though the Nads had a huge lead on the Henchmen, Epstein feels there are still a few things his team could improve on, especially their defensive play.

“We did pretty well,” he said. “Our hitting was solid, but we made a few mental mistakes throughout the game ... throwing balls to the wrong bases and things of that nature. We need to polish up on our defense.”

## Brew Crew slips by Range, 13-12

The excitement of intramural softball action continued May 4, as the Brew Crew narrowly defeated Range Company in an extra-inning stand off.

The game started off slow with a couple of hits from both sides, but neither team was able to capitalize and score a run. The action picked up in the second inning, when Range Company batted around to gain an early five-run lead.

Brew Crew was able to hold them to five runs, and in the fourth, they did some scoring

of their own, pulling ahead by a couple of runs.

Range Company refused to stay on the bottom and scored 11 runs by the end of the fifth, but Brew Crew struck back in the sixth to take the lead again with a score of 12-11.

Range Company tied it up in the seventh and played solid defense to remain even. The tug of war continued into extra innings with both teams refusing to loose. Brew Crew took the field first and held Range Company at 12 and went into the bottom of the eighth with their heads held up high.

They loaded the bases right off the bat, putting Range Company in a tough situation, and after a shot out to left field, it was all over. Brew crew sent in the winning run to win by a run and handed Range Company their first loss of the season.

“I thought we would have done better,” said Will Cuellar, Range Company shortstop. “We were missing a couple of players though, so we did what we could with what we had and fought them to the end.”

Before the loss to the Brew Crew, Range Company was undefeated with a record of 9-0 and went into the game hoping to make it 10.

“They gave us a great

match,” Cuellar said. “They were tough and they stayed in the game until the end. My hat’s off to them.”

According to Kimberly Gladden, Brew Crew first baseman, her team went into the game thirsty for a win, knowing they would give Range Company a run for their money.

“Our game has improved tremendously since the beginning of the season, and we knew we had a chance to beat the number one team in the league,” she said. “It was a great feeling when the last out of the eighth inning was made and we were up by one, clinching the game.”

After winning a game against the top team in the league, Brew Crew’s players said they are feeling great and are hoping to ride that momentum to a championship.

“Range Company has been, and still is, a great softball team,” Gladden said. “They have a lot of talent and had us on our toes the entire game. But we came together as a whole and showed the league that we aren’t a team to be looked upon as weak. We are here to give everyone a good game and hopefully come out on top.”